

## Soothing Products to Treat Yourself

There are some wonderful products on the market that can be a wonderful luxury addition to your soothing and self-care routines.

These are some of my favourites:



Spacemasks are wonderful, relaxing self-heating eye masks. You can wear these in bed as you are falling asleep, or during the day if you want to take a rest. As you put them on they heat up and they have a lovely fragrance of jasmine or rose. If you would like some extra soothing support with your sleep routine these are a lovely treat to aid relaxation, stress reduction and sleep.



### Stress Check Breathe In from This

Works is a lovely roller ball stick with scents of lavender, eucalyptus frankincense which you can use to roll on your wrist and breathe in, as part of a soothing, calming ritual. You can use this as part of regular deep breathing practice, or whenever you need. Scent has been shown to act quickly to activate our calming soothing systems, so I always recommend having a scent as part of your wellbeing resources.



Lavender Heat Wraps, like the one I have linked to here, are wonderful for soothing body and mind. The heat and the scent are both very calming and soothing. Especially good after a long day, if you are feeling overwhelmed, or if you are experiencing physical aches and pains.



### Deep Sleep Pillow Spray from This Works

is a lovely scented pillow spray which encourages a sense of calm and relaxation to aid better sleep. If you are struggling with night time waking, this can be a lovely aid as part of a calmer sleep routine.